# WOMAN'S HOME PAGE

CHARLES DWYER ... Editor.



## MYSTERIES OF CAKE BAKING

By HELEN LOUISE JOHNSON



### NO SUCH THING AS LUCK IN COOKING

Skill, Intelligence and Long Practice the Only Real Secrets-Must Learn Habits of the Range

HERE are, primarily, but two kinds of cake mixtures, and all the manifold big and little, round and square, large and louf variance of different combinations of these two cake foundations. There are takes without butter, of which sponge cake is the best example, and cake with butter, of which sponge cake are best known.

There is no such thing as luck in cooking. It is like any other art, the result of skill; in some, in part inhorning in others, acquired; but in either case the result of practice. And the first step is preparation. How to measure, and then persistence in doing it, is one of the first maxims of good cooking. A measuring cup holds one-half pint or twa gills—or sixteen level tablespoons for kitchen use should be of regulation size, just as much as the cups used. Any cup or spoon or whose temperature may or may not whose temperature may or may not whose temperature may or may not which metaling carbon dioxide, a gas which is to make the cake light. The claim is that if put in at the last, after the better has been well beaten, nearly all the gas available for raising the cake. Whereas, if slited with the flour and added with it to the cake, that much strength is lost. The best way is probably to experiment and find out which method brings the best result which your baking powder and your way of doing.

The most difficult muscular part of cake making is the creaming of the butter and the sugar. If the butter is yery cold and hard it is better to bring it to the kitchen some time before needed, for it should used to be found the present and the butter, but the butter is suited except by standing in the room, whose temperature may or may not

the caps used. Any cap or spoon or handy utensit will not answer.

In general, dry materials should be sifted before measuring, and when a curful is called for, the cap should not be dipped into the flour or sugar and shaken down until leveled. This not alone adds more of the particular ingredient than is called for, but it is apt to make a messy process out of what can and should be a very dainty one. All measurements are level unless the recipe states to the contrary, and a rearring spoonful equals two level ones. For it should round as much above as the spoon rounds underneath. To measure a cupful, put the material is by spoon or swap, round slightly, then level with a kinife. Do not shake the cup to settle the flour or whitever it may be. To measure a apportful dip it in, then level quickly and ortily with the kinife. Halves are divided lengthwise of the spoon.

A cupful or spoonful of liquid is all the caps and spoint or spoonful of the spoon.

A cupful or spoonful of liquid is all the caps are divided lengthwise of the spoon.

A cupful or spoonful of liquid is all A cupful or spoonful of liquid is all the cup or spoon will hold, not to carry from pantry to kitchen, but all it will hold right there, where everything should be ready. For the process of cuite making resembles directions for a childish game: One, to make ready; two, to prepare: three, to no slam bang—and then—there you

Le of regulation size, just as much as the cups used. Any cup or spoon or handy utensil will not answer.

melted except by standing in the room, whose temperature may or may not be particularly warm. Cream the but-

tion. The whites of eggs are beaten to break up the tenacious albumen and fill it with air. In order to accomplish this the egg must be lifted, not beaten round and round, and the air admitted. Sait should be added, a small amount to every cake, to enhance or bring out its flavor, and if it is added to the whites while they are being locaten, it hastens the necessable taking to some hastens the process by taking up some of the water. The eggs should be rufficiently dry to stick to the platter, and as they cannot stand after being beaten without separating, they should be used without any great delay.

In mixing the whites of the eggs with the batter, lift and fold them in; do not beat again. Stirring indicates a circular motion; beating a lifting, in which the ingredients are turned over and over; but folding in means a gentle motion—a vertical downward move and a deft turning over of the mixture, folding in as much at a time as possible. Stirring mixes ingredients; beating incorporates air; folding or cutting in retains the air already in-

be evenly heated and evenly rise. During the second ten minutes the cake should rise and begin to brown; and during the last brown evenly, settle a little and draw away from the pan.

should make out a Flight snaping noise; or press with the finger; if done, the cake will rebound, and most called are when they shrink from the shi

Fours au Cafe.

First two eggs well and best into them one cupiul of cream, and then one cupful of sugar. Mix and sift one and one-quarter cups of flour with one teespoonful of cream of tertar and one-quarter traspoonful of rait. Sir this into the mixture and a id one-buff teaspoonful of soda dissolved in a tablespoonful of bot water and one-buff teaspoonful of buffer teaspoonful of teaspoonful o half tenspounful of vanilla. Bake in large square jody cake pans until dene, Cut in diamond-shaped pieces and put

beaten and one-half cupful of strained honey. Stir the two cupfuls of pastry flour previously sifted with two tenspoonfuls of baking powder and hist stir in one-half cupful of finely chepied filteria. Let the mixture stand where it is very rold ido not freeze evernight. When ready to bake roll the dought very thin, out into finely shapes, brush them over with the white of an eag filiated with a tenspoonful of warm diluted with a traspoonful of warm water. Springle the cakes with gran-ulated super and chopped illberts isake them in a hot oven until a golder

Chocolate Cake.

CAKE MAKING OF ANTE-BELLUM DAYS

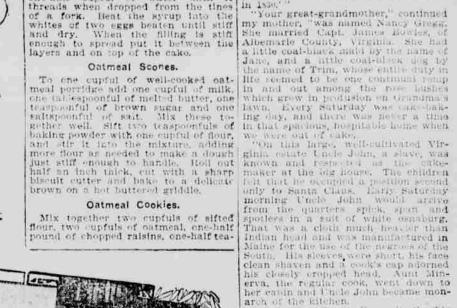
How Uncle John Went to Work Each Saturday Morning in Virginia-No Baking Powder or Soda

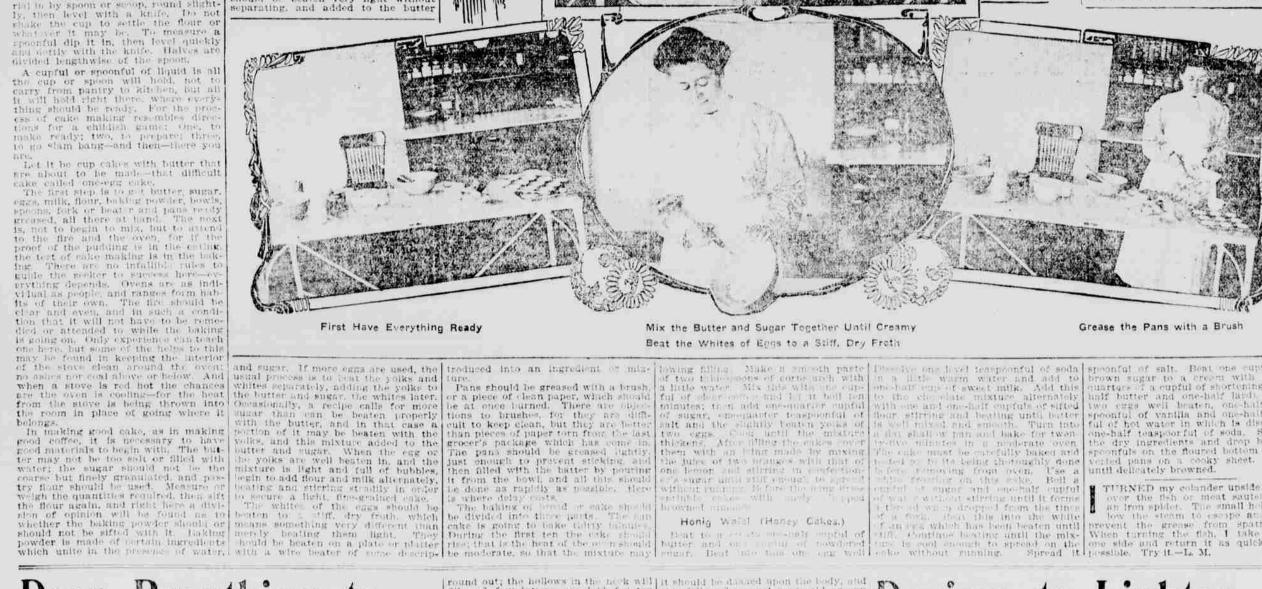
Melt two owners of chocolate in a domine boiler. Add to this the yolks of two edgs boaten with one-half of a cupful of milk. Stir carefully until the mixture forms a soft past; remove from the fire, add two table-spoonfuls of butter, one cupful of sugar until well mixed. Spoonfuls of butter, one cupful of sugar and one-half tenspoonful of suft.

The work of the sugar until well mixed. Spoonfuls of butter, one cupful of sugar until well mixed. Spoonfuls of butter, one cupful of suft of mix and two and one-half tenspoonful of suft. Then out and cupfuls of baking bowler and one-half tenspoonful of suft. Then out and told in the whites of five eggs beaten to a dry sin from Bake in three layers until done and put together with maple filling made as follows:

Cook three supfuls of maple sugar with one-half cupful of water until stift formed when dropped from the times of a fork. Beat the syrup lato the whites of two eggs beaten until stift and dry. When the filling is stiff and dry. When the filling is stiff enough to spread put it between the layers and on top of the cake.

Outmail Scones.





Mix the Butter and Sugar Together Until Creamy Beat the Whites of Eogs to a Stiff, Dry Froth

Grease the Pans with a Brush

braing filling. Make it smooth paste of two tilling poors of come unch with a little water. Mix this with one cuptoful of chargeons and let it bell ten infinites; in a left one-marker capful of said and the eligibility beaten goods of two eggs. Cless until the mixture thickers. After illing the cukes cover them with an infinite made by mixing the later of two daily with that of one lemon and attring in a safethenesis said attribute in a safethenesis said attribute in a safethenesis said thinkers. It is not still and the proof without purpose said the cover the said of two daily of which the cover the said of the cover the said of the cover with many cover the said of the cover with many cover the cover the

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Preserve one level tenspoonful of soda in a little warm warer and add to obsolve the second with three obsolved on the second with three obsolved on the second with three obsolved of sweet milks. Add this to the choose the mixture alternately with one and one-half cupfuls of sifted flow of the second with three obsolved down stream and beating until batter, is well mixed and second. Turn into a dar shall we pan and bake for twen the dry ingredients and drop by high the cake must be carefully baked and the day in greedients and drop by high the sugar and one-half cupful of the field of he that helps the toughly done to feel on the second of the second o

a little coal-black main by the Jane, and a little coal-black the name of Trim, whose entire

his closely cropped head. Aunt Min-erva, the regular cook, went down to her cropped head. Aunt Min-erva, the regular cook, went down to her cropped and Uncle John became mon-arch of the kitchen.

"A fire was in readiness in the big

bonats of poinsh, which was cream of fartar mixed with soda. After that housek epers used homeomade taking powders, consisting of tartaric acid, soda and flour, sifed till as fine as starch. But the lightness of Uncle John's cakes dumined on the eggs, and they were besten to a frath. Each pound cake called for one dozen eggs, and each saturday called for one pound cake, to say nothing of the cakes baked in enormous muffly molds and pyramids of crisp, brown teaches.

Deep Breathing to Develop the Bust

Exercises Are the Best Method Both of Increasing a Flat Chest and Decreasing Excessive Fulness

Flat Chest and Decreasing Excessive Fulness

AM Chest and Decreasing Excessive Fulness

By DR. EDITH L. MACHAYE

I AM Chan and to give early to a proper to the full control of the following th